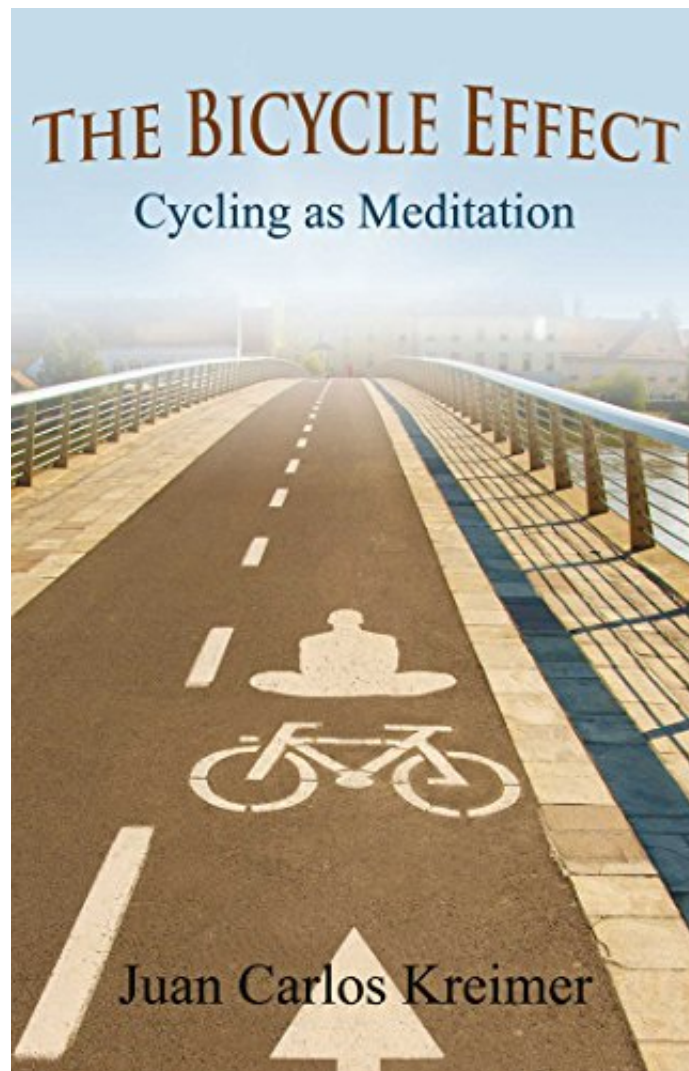


The Bicycle Effect: Cycling as Meditation

by

Linda Cole



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Synopsis

The bicycle is not just a vehicle used to transport ourselves, to exercise one's body or to obtain joy. It's a device which allows us to attain a much wealthier mental state than one would think possible. Once we ride it, it's possible to experience a feeling close to that achieved by meditation. The movements of the legs, the energy which arises through the body, the cadence of our breathing and the floating attention on what's happening around us and in our mind all create a similar state to the one we achieve when we sit crossed-legged, with our eyes closed, allowing our thoughts to drift simply and naturally. Zen calls it mindfulness.

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